

PHYSICAL EDUCATION AND SPORTS IN UZBEKISTAN

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Annotation

As the Republic of Uzbekistan gains its independence on a global scale year after year, its prospects are tied to the fact that today's generation reaches the level of knowledgeable spiritual and physical persons. In this place, sports science plays a special role in the development of physical training of students and formation of working skills in the Republic. The importance of the development of physical education and sports in the formation of a healthy lifestyle, the further improvement of the gene pool of the nation, the upbringing of a harmonious generation is defined as one of the priority directions of the state policy.

Keywords: large-scale practical actions, central republics, massively involved

Introduction

In the short term, large-scale practical actions carried out in this area began to yield their results.

1. In Uzbekistan, physical education and sports work were carried out at a lower level than in the central republics, the local population was not massively involved in the sports movement, and among them there were no specific and purposeful works on training of highly qualified athletes, as a result, the majority of them did not have the required level of health of young;
2. The development of sports networks, the construction of sports facilities, the construction and financing of the material and technical base of sports in general were carried out only with the consent of the center, in a limited way;
3. Although the training of personnel with higher and secondary education was established for the sphere, the national athlete was forced to pass several obstacles and qualifiers among the personnel in the competitions. The complication of such a period of policy in the training of national cadres and the realization of local athletes was observed in the first years of independence cases of departure of most athletes and coaches to other lands;
4. Due to the unfair attitude to the sport of Uzbekistan, many of our athletes were deprived of the opportunity to participate in European, World and Olympic competitions, which gradually decreased;
5. The fact that the athletes of Uzbekistan could not independently enter the world arena also hindered the growth of this sphere in line with the modern requirements.

In order to eliminate the existing problems in Uzbekistan from the first days of independence, on the initiative of the country's leader, the relevant laws aimed at the development of the physical education and sports sphere, presidential decrees and decisions of the Cabinet of ministers were gradually adopted and introduced.

The decisions of the Cabinet of Ministers "on measures for the further development of football in the Republic of Uzbekistan" adopted in 1993 for the purpose of further development of football in the mass entertainment type of sport, which can unite the country around one goal, increase the pride and feeling of the people, attract young people to itself, and in 1995 "on measures As a result, the efforts for mass development of sports in the country revived, football fields were organized in all educational institutions of the Republic, all stadiums in the Centers of the Republic of Karakalpakstan, regions and the city of Tashkent were reconstructed, football fields on the ground were reconstructed at the level of international standards, football schools and internships were established in all

Athletes of the country participated in the Olympic Games in Atlanta, America as the first independent team of marotaba. The government of Uzbekistan creates all conditions for our athletes to successfully participate in international competitions, Olympiads and Asian Games. During the period of the regime, only 40 athletes from Uzbekistan participated in the Summer Olympic Games, only 76 of our country's athletes took part in the Olympic Games held in Atlanta, the only one after independence, judoist Armen Bogdasarov won silver and boxer Karim Dolganov won bronze medals. Lena Cheryazova won the gold medalga at the Winter Olympic Games in 1994 year in Lillixammer.

Along with the development of Sports in the country, which are ranked among the programs of the Olympic Games in the country, unprecedented work has been carried out to bring the national sport "wrestling" to the world sports arenas. In order to create the necessary conditions for the further development of the Uzbek national SPO - struggle and its strengthening place in the international arena, the president of the Republic of Uzbekistan signed the decree "on support of the International Fighting Association" in 1999. According to him, the International Foundation for the development of wrestling was established in our country. The state attaches great importance to the International Wrestling Association and the Academy of international wrestling in legal and practical terms. One of the most significant achievements of Uzbekistan in the field of sports is the connection of national struggle with the world scale. Currently, struggle federations have been formed in 120 countries around the world. The first Asian, European, African, American continents and World Championships in this national sport were held.

Decree of the Cabinet of Ministers "on measures for the further development of physical education and sport in Uzbekistan" for the purpose of development of physical education and sport in the country was adopted in 1999. According to him, the" state program for the development of physical education and sports in the

Republic of Uzbekistan" was approved, and its main directions were considered:

1. Improving the system of organization and management of physical education and sports;
 2. Physical education-health improvement, development of mass sports activities and national types of sports;
 3. Scientific-methodical and medical provision of physical education and sports.
 4. Development of opportunities of physical education and sports system;
 5. Promotion of physical education and sports;
 6. Development of the non-governmental sector, improvement of the system of providing funding in the field of physical education and sports.
- The Republican Centers for the development of boxing and national sports in the city of Tashkent and the development of wrestling in the city of Shakhrisabz were established;
 - Tests "Alpomish" and "Barchinoy", which determine the level of physical training and health of akholi, have been developed and introduced into practice;
 - All sports facilities in our country have been registered;
 - Colleges of the Olympic Reserve began to be launched in regional centers.

The president of the Republic of Uzbekistan has taken a number of measures to support the country's athletes who achieved high results in the Olympic Games and World Championships. In particular, the first place in the Olympic Games was awarded to the athlete in the amount of 100 thousand, for the second place 50 thousand and for the third place 25 thousand US dollars. The members of the national team of the country were provided with free access to any sports facilities, as well as other conditions for qualitative preparation for the world's prestigious competitions. In order to ensure the physical and spiritual perfection of the younger generation in the country, to develop the pursuit of a healthy lifestyle and love for sports, to create a material base of children's sports in the areas, to create a material base of children's sports in the areas of population, and to further activate the work on providing sports equipment In order to organize mass, continuous involvement of students in sports activities, the decision of the Cabinet of Ministers of the Republic of Uzbekistan "on the organization of a system of continuous sports competitions aimed at attracting students and students to sports" was adopted in 2003. On the basis of this decision, the plan of holding the final stages of the competitions "Umid nihollari", "competent generation", "Universiada" of the students of secondary schools, academic lyceums and professional colleges and higher education institutions in the country was determined. It is aimed at increasing the range of sports taverns intended for children, meeting the needs of the regions, pre-school educational institutions, schools, academic lyceums, vocational colleges, universities. Decree of the Cabinet of ministers "on additional measures for the development of children's sports and the production of sports products for children"(2003-th year), on its basis, the production of sports clothes and equipment in the Republic was launched. In order to promote physical

education and sports through the mass media, to convey its essence to the population of the country, in 2003 the Cabinet of Ministers adopted a resolution "on measures to further promote mass sports". The film "Sport in Uzbek television" was created.

The laws, decrees and decisions on the development of physical education and sports led to the rapid development of this sphere, an increase in the prestige and prestige of Uzbekistan in the international arena, as well as a change in the attitude of the population, especially schoolchildren-young people to sports. In the country, the work on health promotion was revived in all social and industrial institutions, the work of primary sports teams began to work. It is based on the establishment of the activities of clubs from new sports, provision of them with the appropriate facilities and qualified sports coaches, increasing the number of children and adolescents engaged in physical education and sports from year to year. The role of physical education and sports in the education system The rapid dissemination of the best news to the people in our national ideology, pride and pride is part of the category of ancient cultural heritage. Weddings, performances, Herald "people-people, do not say did not hear! "there are not few people who are reaching out to their indigenous essence by seeing some of their loud voices from the movies, today such a call, the socio-educational and organizational aspects of pitching must be well understood by everyone. The development of socio-culture, economy, obviously production – technique is creating a huge number of ways, means of conducting propaganda work among the population. In the developing countries of the world, it is now possible to use not only, magazine, book, radio, Television, various advertising, but even computer, internet media as a productive, purposeful way. In this respect, Uzbekistan also has its own characteristics, forms and methods. In such processes, Physical Culture, Sports, National Games and trips have a special place and prestige. Competitions in football, boxing, wrestling and other sports, physical education in the morning, etc., are shown on television every day, attracting both sports fans and ordinary people of all ages. Dozens of Central gazettes and several hundreds of local gazettes are being produced in the regions, cities and districts of Uzbekistan. The sports theme on their pages attracts everyone. "Sport", "Sport-football", "Uzbek football", "Turkistan", "Ma'rifat" and many other gazettes have become the main tools for the promotion of Physical Culture and sports movement.

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